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# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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WASHINGTON, D. C.  
U. S. Department of Agriculture

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RELEASE FOR PUBLICATION :  
AUGUST 6, 1941 :  
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### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### CARE OF FOOD IN SUMMER

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Torrid summer temperatures bring special kitchen problems. Biggest problem of all is how to keep the family food supply in good condition in spite of the heat and humidity.

Rules for keeping foods in summer are little different than at any other time of year. But the penalty for failing to observe those rules is more immediate. The penalty may be a loss of food value, a loss of money from spoiled foods, or in some instances, a bad case of food poisoning.

Home economists in the U. S. Department of Agriculture list some important points on taking care of foods in the summer. This list is a good summary to call to the attention of the man of the house if he happens to be acting as "chief cook and bottler" for a few weeks this summer.

MILK, CREAM, AND RAW MEAT head the list of foods most likely to spoil at any time of the year. They need to be kept at a temperature at least as low as 45 degrees Fahrenheit. Take special precautions with raw meat, because this may spoil enough to make it dangerous to eat and still have no "off" odor or taste.

Keep meat in special meat compartment if there is one in the refrigerator. If not, keep it lightly covered with paraffin paper in a shallow dish. Take the store wrapping from the meat as soon as you get it home. Ground meat should not



stored for more than 24 to 48 hours at normal refrigerator temperatures. Don't keep other raw meat on hand for more than two or three days at a time, and use liver and other meat organs the same day you buy them.

Keep milk and cream covered tightly. Try to keep only enough on hand for current needs.

BUTTER AND CHEESE--Butter picks up odors easily. So keep it tightly covered. Print butter may be kept in the carton in which you buy it. Wrap hard cheese tightly in waxed paper. Keep soft cheese in original containers, tightly covered or wrapped.

EGGS--Eggs should go into the refrigerator right away. Don't get a whole dozen out of the refrigerator if you only want to use one. For just a few minutes of summer room temperatures can add hours to the age of an egg.

COOKED EGG DISHES--These are worthy of special attention in any season. And many a case of summer food poisonings can be traced to them. Cream puffs, potato and other salads made with an egg dressing, sandwiches from eggs, devilled eggs, and custard all spoil quickly. Make them the day you want them. Keep them in the refrigerator up to the time you eat them.

VEGETABLES--Don't buy these too far ahead of time. For they lose some of their precious vitamin values in storage. Keep salad greens in special vegetable pans or oil-silk bags so they will stay moist and crisp.

FRUITS--These needn't be kept in the refrigerator unless they are full-ripe. Leaving them out at room temperature will complete their ripening. But once they are ripe, put them in the refrigerator. Soft fruits, such as peaches and plums, should be spread out in shallow dishes so they won't be mashed. And unless fruits have thick protective skins, keep them in covered dishes in the refrigerator.



If muskmelons are kept in the refrigerator, wrap them tightly in oil paper to keep their characteristic odor from getting into other foods. Store them on the top shelf of the cabinet.

LEFTOVERS--Try to use all leftover foods a day or so after you put them away. Transfer leftovers promptly from dishes in which they are served or cooked to clean, dry dishes that you can cover. Heat them thoroughly before you serve them again. Cooked meat comes in this class.

BREAD--A good place to keep bread is in a tin box. Scald and air this box at least once a week. And in the summer, never shut the box tightly. On the other hand, keep crisp crackers and cookies tightly covered and don't take them out of their containers until just before you're ready to use them.

Women who make bread at home are sometimes troubled with "ropy" bread during the summer. This is a sort of spoilage that occurs in the center of the loaf after the bread is baked. It is caused by certain hard-to-kill bacteria.

Department of Agriculture home economists suggest the following procedure for getting rid of the bacteria that cause the ropiness in bread.

First, boil all utensils you use in breadmaking in a mixture of one part of vinegar combined with three parts of water. If you use potato water in your bread, omit that. And if you use liquid yeast from week to week, get a fresh "starter." If you do all this and still have ropy bread--add about two teaspoons of 90-grain white vinegar to the liquid for an average baking of 3 one-pound loaves of bread.

DRIED FRUITS AND CEREALS--Keep them in tightly covered containers. Examine them frequently to see if there are any signs of weevils or other pantry pests. If there are, throw out the infected foods and take steps to get rid of any others that may be around.

GENERAL REFRIGERATOR CARE--Defrost mechanical refrigerators more than the usual once a week. When frost gets to more than 1/4 inch thick on the evaporator--up goes the refrigerator temperature. Keep the refrigerator clean and neatly arranged with room in between foods for free circulation of air. Try to cut down the number of times you open the refrigerator door every day.



# INFORMATION FOR THE PRESS

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### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### SAVE THE GARDEN SURPLUS

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Putting up a taste of summer to flavor next winter's meals -- that's what many a thrifty homemaker is doing these days. By means of tin cans or glass jars she's busy keeping surplus garden stuff from going to waste.

"The importance of a well-planned canning program cannot be emphasized too strongly," says Dr. Louise Stahley, Chief of the Department of Agriculture's Bureau of Home Economics. "Survey after survey has shown that home canning as part of a wise home-production program can make the difference between diets that are poor, and diets that are good from the standpoint of nutrition. Home-produced, home-canned food helps provide better diets with fewer food dollars."

Always a busy canning time -- mid-August should be busier than ever this year in view of the nation-wide campaign to save food for emergency needs. In nearly every locality, it is pointed out, supplies of vegetables go to waste each year because they are not gathered and distributed for immediate use -- or not stored or preserved.

For that reason, the U. S. Government has urged every community in the county to save its surplus vegetables and fruits. These surpluses may then be distributed later in the community, particularly through school lunch programs.



Whether canning is done on a large scale or a small scale, a steam pressure canner is a "must" piece of equipment for processing non-acid vegetables, say canning experts in the U. S. Department of Agriculture. Practically all vegetables but tomatoes come in the non-acid class.

The steam pressure canner is necessary because only by the use of pressure is it possible to get the high temperatures needed to kill organisms in non-acid vegetables that, if not destroyed, are likely to cause spoilage. In canning these vegetables, processing temperatures of 240 to 250 degrees Fahrenheit are required.

Since the quality of canned vegetables can be no higher than the raw vegetables that go into the cans -- select good, fresh vegetables in prime condition. Try to get the same degree of maturity throughout the food to be canned, but avoid overripe food. A good rule to follow is "two hours from garden to can." If that is impossible, the vegetables may be stored for a short time in small lots in a cool, well-ventilated place until you're ready to put them up.

Following are a few highlights on the "big three" of this season's nutritious vegetables.

BEANS -- Snap beans, young and tender lima beans, and green table soybeans are available now in many gardens. Home economists advise pre-cooking all these beans before packing them into cans or jars and processing.

To precook snap beans, wash, cut into uniform pieces, add boiling water to cover, and simmer beans uncovered until you can bend them without breaking them. To precook lima beans, wash, shell, and bring them to a boil in water to cover. In both cases, use the water in which the beans are precooked to cover the beans after they are packed into the cans or jars.

Can shelled green soybeans. To shell the green beans, boil them in the pods first for 3 to 5 minutes. Shell the beans, then blanch them for 3 to 4



minutes in boiling water. Drain, then fill them into containers to about seven-eighths capacity, cover with boiling water.

All these beans are processed at 240 degrees Fahrenheit in a steam pressure canner -- whether they are canned in pint or quart glass jars -- or in number 2 or 3 tin cans. All may be put up in plain tin cans. And with the exception of snap beans, they may also be put up in C-enamel tin cans if you happen to have those on hand.

Time and temperature vary with the size of the jar -- the altitude -- and the type of bean. Soybeans need the longest processing, then lima beans, then snap.

Black-eyed peas or cowpeas are more closely related to the bean family than to the peas. They may be canned in the same way as fresh lima beans.

CORN may be put up in two ways -- whole-grain or cream-style. The difference is in the way the corn is cut off the cob.

For cream-style corn, cut the kernels by running a sharp knife lightly over the ear to cut off the tops of the kernels. Then scrape out the pulp with the back of the knife. For whole-grain corn, cut the kernels deeply enough to take off most of the kernel without objectionable hulls and do not scrape the cob.

But whichever way you put up corn, preheat it before packing into cans or jars. Add 1 teaspoon of salt to each quart, and half again as much boiling water as corn by weight. Heat corn to boiling and fill into containers at once.

Cream-style corn is thick and pasty and therefore needs longer processing at a higher temperature than whole-grain corn. For that reason, the whole-grain corn usually keeps the flavor of fresh corn better than does cream-style. Cream-style corn should be canned only in pint glass jars or number 2 tin cans. C-enamel tin cans are best for both types of canned corn.

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TOMATOES -- You can't have too many canned tomatoes. Raw tomatoes are one of the richest sources of vitamin C -- a vitamin we need every day. Canned tomatoes put up the right way lose practically none of this valuable vitamin, and for usual storage periods, a large part of the vitamin value is retained.

Right way to can tomatoes is to pack them into glass jars or plain tin cans -- then to process them in a boiling water bath. Make the boiling water bath out of a wash boiler or a bucket with a tight fitting lid. Or use the steam pressure canner as a water bath by leaving the petcock open -- not clamping the lid on tightly. See that there's a rack on the bottom so the water can circulate under the jars or cans. And see that the bath is deep enough so that water can come up over the tops of the containers 1 to 2 inches. Count processing time after the water comes to a full rolling boil around the cans or jars.

Precooking cuts down a lot on processing time. Tomatoes preheated just to the boiling point then packed hot in pint or quart glass jars or number 2 or 3 tin cans need just 5 minutes processing in localities where the altitude is 1,000 feet or less above sea level. Packed raw, the processing time is 45 minutes, for glass jars, 35 minutes for tin cans.

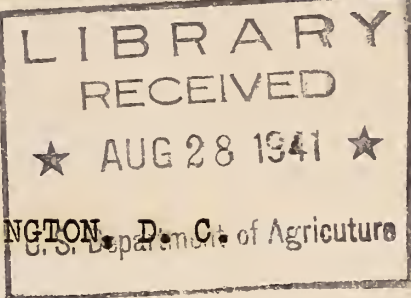
For complete canning details with handy time and temperature tables for processing, the U. S. Department of Agriculture has a free bulletin available -- "Home Canning of Fruits, Vegetables, and Meats." This is Farmers' Bulletin 1762 and may be obtained by writing to the U. S. Department of Agriculture, Washington, D. C.



## United States Department of Agriculture

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WASHINGTON, D. C. of Agriculture



THE MARKET BASKET  
by  
Bureau of Home Economics, U. S. Department of Agriculture

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NEW BUYING GUIDE  
FOR BOYS' SUITS  
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About all a normal boy asks of his clothes is that they be comfortable — and like what the other fellows are wearing.

Parents want a great deal more than that for the money they invest in their son's clothes. Above all, they want suits that will stand up under the hard wear they're bound to get. Buying a suit that pleases everyone concerned is a job that puts any parent on his mettle.

Just off the press in time to be of help on before-school shopping trips is a new bulletin of the U. S. Department of Agriculture — "Buying Boys' Suits." This free bulletin gives detailed information on quality in materials, on proper cut of suits, as well as on the numerous details that have so much to do with getting value for money spent.

Author of "Buying Boys' Suits" is Clarice Scott, clothing specialist of the U. S. Department of Agriculture who first made an extensive study of boys' suits on today's markets.

"Suits in stores vary greatly in quality," points out Miss Scott. "Some that look all right at first soon get shoddy and fall apart with the active wear a boy gives his clothes. Others will hold their shape and give good wear even with all the rough-and-tumble action of a school boy.

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is devoted to a general

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"Parents who inspect suits carefully before making a selection will likely get much better quality for the money they spend. Hidden details such as interlinings, taping, stays, and stitching have a great deal to do with wearing quality and appearance of a suit."

Fit is one of the first things most parents check about a suit.

"A suit must fit comfortably," says Miss Scott, "for no boy looks well or feels good in one that is too large or too small. To get the proper size, it is essential that the boy try the suit on and see how it feels and looks as he moves around. It is impossible to go by the size indicated on the label, because, so far, sizes of boys' suits are not standardized.

"Nowadays it isn't necessary to buy a suit many times too large for a boy just to make sure of ample growing room. Choose a good quality boys' suit styled along sports lines, with fullness cut into it. Such features as the bi-swing back, pleated trouser fronts, elastic waistbands, and 'let-outs' in seams and cuffs allow for considerable growth, and often save the price of a new suit."

When it comes to judging suit quality, the suit material is the first point to check.

"Worsted are longest wearing," points out Miss Scott. "They also are most expensive and most likely to become shiny. Woolen suitings in good qualities are less expensive to buy than worsteds and in good quality they give satisfactory service. Their rough surface finishes do not show spots or wrinkles readily. Poor grade woolens often contain a high percentage of cotton or rayon. These soon lose their shape, do not keep a good press, and wear out quickly.

"Cotton corduroys of good quality are hard wearing, relatively inexpensive, and practical. For school wear suits of corduroy are classics."

The first part of the paper discusses the importance of the study and the objectives of the research. It also mentions the scope of the study and the limitations of the study.

The second part of the paper discusses the methodology used in the study. It mentions the data sources, the data collection methods, and the data analysis methods.

The third part of the paper discusses the results of the study. It mentions the findings of the study and the conclusions drawn from the study.

The fourth part of the paper discusses the implications of the study. It mentions the practical implications of the study and the theoretical implications of the study.

The fifth part of the paper discusses the limitations of the study. It mentions the limitations of the study and the suggestions for future research.

The sixth part of the paper discusses the conclusion of the study. It mentions the main findings of the study and the overall conclusion of the study.

The seventh part of the paper discusses the references of the study. It mentions the references used in the study and the sources of the data.

The eighth part of the paper discusses the appendix of the study. It mentions the appendix of the study and the additional information provided.

According to Miss Scott, the suit coat is a key to the quality of the whole suit. Unless the coat is well made and of good materials inside and out, there is no need of looking further at the trousers.

"Be sure the coat is cut correctly with the weave of the cloth," she advises. "The lengthwise thread of the material should fall in a straight line down from the shoulder. In the sleeve, the warp thread should fall straight downward from the highest point of the armhole.

"Padding in the shoulders of good coats will be only slight. But what little there is will be secured so that it cannot slip out of place. Best quality coats usually are only partly lined with a fine, close-woven rayon. Stitching around the armhole is neat and usually done by hand. Exposed seams the lining does not cover are neatly bound."

Other marks of a good coat are tapings and stays wherever there may be strain. Examples of this taping are around the armholes, the front edge of the coat, and pocket-mouth stays. An easy place to test for taping is at the under-arm curve of the armhole. If it has no give, the armhole is properly taped, and in a coat properly taped here it is likely that the other parts of the coat will be also.

Necessary to any boy's happiness are good pockets and plenty of them. For an all-purpose suit, duplex type pockets in the coat are best. These are pockets in which the flap may be worn inside or out. They do not become baggy with use as patch pockets do.

Quality in the interlining of suits is another point to consider. For coat fronts — hair cloth mixtures are best for interlining according to Miss Scott. These prevent wrinkling and loss of shape by holding the roll of the revers.



To test for a hair cloth interlining, pinch the rever rolls. If they spring back readily they are so lined. Linen, which gives good shape and body, makes good collar interlining. To test for a linen lining in the collar, pinch back the collar corner. If the lining is linen the corner will roll back quickly into shape. If a glue-sized cotton substitute has been used instead, the corner will not roll back so quickly.

Good stitching with no dangling thread ends throughout the whole suit is important to good quality. Thread should be strong and match in color inside and out. Stitches should be fairly small. Seams should be at least three-eighths inch deep, even when there are no "let-outs" allowed.

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The first part of the book is devoted to a general introduction to the subject of the history of the English language. It begins with a discussion of the early forms of the language, such as Old English and Middle English, and then goes on to discuss the development of the language in the modern period. The author also discusses the influence of other languages on English, particularly French and Latin. The second part of the book is devoted to a detailed study of the grammar of the English language. It covers the various parts of speech, such as nouns, verbs, and adjectives, and discusses the rules of grammar that govern their use. The third part of the book is devoted to a study of the history of the English language in different parts of the world. It discusses the development of English in America, Australia, and other countries, and also discusses the influence of English on other languages. The book is written in a clear and concise style, and is suitable for students of the English language.

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### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### SOUR MILK, SOUR CREAM, AND COTTAGE CHEESE

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Milk and milk products top the list of foods recommended for everyone in the family every day. Smart homemakers, in the interest of economy and variety, like to get part of the amount needed in forms of milk other than the whole, sweet, liquid variety.

Three forms of milk that fit well into summertime meals are sour milk, sour cream, and cottage cheese. Their characteristic flavors -- all slightly acid -- are good in themselves and add an unusual zest to numerous dishes.

Sour milk has the same food values as whole milk -- in an easily digestible form. Sour cream has all the food values of sweet cream. That is, it is higher in fat and vitamin A than whole milk, lower in calcium, other minerals, and other vitamins. Cottage cheese is an excellent and inexpensive way to get protein into the diet, and it rates as a good source of calcium and phosphorus.

Like Little Miss Muffet, many persons like sour milk best served simply. Whether they call it clabber or curds-and-whey, they like to eat it with whole milk or cream and sugar or other sweetening as a dressing.

Home economists of the U. S. Department of Agriculture say that sour milk may be used also in many baked dishes that call for sweet milk.



Substitute sour milk for sweet, cup for cup, in butter cakes and in all quickbreads but popovers. For every cup of really sour milk use 1/2 teaspoon of soda. For milk just beginning to turn sour, use 1/4 teaspoon for every cup. Soda furnishes leavening power equal to 4 times its measure of baking powder. If more leavening power than that is needed in the recipe, make up the remainder with baking powder.

It's better to use too little soda than too much, because too much gives your baked product bad flavor, bad odor, and a yellow color. Mix soda with the dry ingredients, not the milk. For, when you combine the soda with the milk, gas begins to escape immediately. It is this gas that you want to save to help leaven the cake or the quickbread.

There are even more ways to use sour cream. There's nothing like it for garnishes and for salad dressings. Whipped sour cream is the basis for many of these. The experts say that sour cream needs to be kept cold while it is being whipped. Whip it just until it is smooth and has become somewhat stiff. Don't overdo the beating, or you'll have butter.

A spoonful of plain whipped sour cream atop a bowlful of cream of pea, bean, or beet soup adds an interesting taste contrast.

Whipped sour cream seasoned with sugar, salt, pepper, lemon juice, and vinegar is extraordinarily good as a dressing for cabbage, cucumbers, and lettuce. Some cooks, however, prefer plain sour cream, unwhipped and unsweetened, as a salad dressing.

Sour cream gravy is a specialty any cook should have in her repertoire. Make it in the same way as you would milk gravy from the pan drippings from fried ham, veal cutlets, chops, pan-broiled liver, or fried chicken. Use 2 tablespoons of flour for every 1 1/2 cups sour cream. Add the unheated sour cream to the thickened pan drippings.

1. The first part of the report is a general introduction to the subject.

2. The second part is a detailed description of the methods used in the investigation.

3. The third part is a discussion of the results of the investigation.

4. The fourth part is a conclusion and a summary of the findings.

5. The fifth part is a list of references.

6. The sixth part is a list of figures and tables.

7. The seventh part is a list of appendices.

8. The eighth part is a list of footnotes.

9. The ninth part is a list of acknowledgments.

10. The tenth part is a list of abbreviations.

11. The eleventh part is a list of symbols.

12. The twelfth part is a list of units.

13. The thirteenth part is a list of definitions.

14. The fourteenth part is a list of references.

15. The fifteenth part is a list of figures and tables.

Good with meat or fish is sour cream horseradish sauce. Whip 1 cup sour cream and season it with salt and sugar. For every cup, add from 6 to 8 table-spoons grated horseradish.

Besides these dishes, sour cream is the basis for many cooked salad dressings and sauces. And, like sour milk, it is good in cakes, cookies, and quickbreads. If you substitute sour cream for milk in a recipe, you may cut down on some of the fat in the recipe. A cupful of heavy (40 percent) sour cream contains about 6 tablespoons of fat and may be used to replace that much fat in pancakes, waffles, muffins, biscuits, cakes, and cookies.

Cottage cheese is steadily increasing in popularity all over the country, statistics show. Favorite summer uses for bland cottage cheese are for salads and sandwiches.

Serve a mound of cottage cheese on a lettuce leaf for the simplest of salads. Season the cheese with salt and pepper, with a bit of mayonnaise, or with chili sauce or catsup. Or cut up parsley, olives, nuts, chives, green peppers, bits of onion and mix with the cheese for seasoning. Plain onion juice is a good seasoner too -- in fact almost any rather strong flavored vegetable goes well with the mild cheese.

For a special decorative summer salad take the pulp and seeds from a green pepper, stuff it with cottage cheese and season with salt and pepper. Chopped nuts, chopped red pepper or onion are optional. Let the stuffed pepper stand in a cool place for one hour. Serve slices of it on lettuce leaves.

Use cottage cheese in sandwiches, either well-seasoned by itself or in combination with the seasonings suggested for salads. Sliced tomato, lettuce, cottage cheese, and mayonnaise dressing is a good sandwich combination.

